

# In the Realm of Women---Some Interesting Features

THE MANIKIN - - - - - By Juanita Hamel



"For the Colonel's Lady and Judy O'Grady are sisters under their skins," and so it is with the little manikin and the other more fortunate girl. Vastly different are their stations in life and yet "under their skins" they are sisters. They have the same heart-throbs, and perhaps

## LOVE and MARRIED LIFE by the noted author Idah McGione Gibson

**Bess Moreland's Ambition.**  
"Is it any wonder that I do not smile often?" continued my nurse with a rather wistful smile. "I looked at her searchingly and I saw many things in her face that I never would have found had she not told me her story. There were the little deep wrinkles at either side of her mouth that spoke of soul-pain; there was a habit of drooping eyelids as though to cover eyes that told too much; and at times there was a quick in-drawing of the lower lip and a tight clamping of the upper teeth upon it that made me feel she was striving with all her will-power to repress a never-ceasing mental struggle against her fate."

Observing these things, I said to her: "Well, at least you have lived! Your life has not been one great expanse of monotony. There must have been times when, however buffeted you were, you could say to yourself, 'At least I am the captain of my soul!'"

**Calmness and Poise Necessary.**  
"Oh, my dear, my dear," she said, "pray that you will never arrive at the place where little things can not hurt you. When you have reached that point of calmness and poise where you can say to yourself, 'nothing and no one can hurt me materially,' you also have reached the state where you must confess that no one thing can give you great

joy. Such immunity to pain is only purchased at the price of all joy, all pleasure. The only thing left that appeals to me is my work. I struggled over you, my dear. I almost wrested you from death itself, and when I saw you open your eyes and smile the other day I had the nearest thing to a thrill that I have had in many months."

"The woman who is able to attune her emotions to great happiness must perforce sink her moods at times into the depths of sorrow. I must not talk to you any more of my futile existence, but you asked for my story, and somehow I find a feeling that you were allowing the little things in life to hurt you too much."

**Like a Big Pink Rose.**  
"When she could lie there looking like a great pink rose among her sisters!"

for all the flowers I sent you, and he seemed perfectly happy. The only stipulation he made was that I should keep your room aglow with them, and I'm going to do it!"

"I don't know what John will think," I said. "He railed at your extravagance this morning."

"What John thinks matters little to me," she said, with a scornful toss of her head. "But I wish I could shake him just the same."

Then she stopped quickly as though she had said something which she had not meant.

"What has John been doing now?" I asked idly.

"Oh, he's been letting Elizabeth Moreland make a fool of him, as usual."

"Alice, do you think John would rather be married to Elizabeth Moreland than to me?"

"Nonsense! John wouldn't marry Elizabeth Moreland if she were the best woman in the world, and yet she is so clever in her appeal to his

egotism that he can not leave her alone. Elizabeth, my dear, is determined that she will wreck your life if he does not marry John."

"What do you mean, Alice?"

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## What You Can Do to Make Your "Back Neck" Beautiful

BY LUCREZIA BORI  
The Famous Spanish Prima Donna

Judging from the careless grooming and unattractive "back necks" of many women there must be a large number who never bestow care nor study on their heads from the back view.

You should take a hand mirror and carefully study the back of your neck, considering your hair line, the shape of your neck and the texture of your skin.

Some necks are too thin in the back and show deep hollows between the muscles.

Others display a fatty hump where the column of the neck meets the shoulders.

If your neck shows hollows you should exercise this part of your body, moving your head from the right side to the left side ten times or more.

Another exercise for the back neck is gone through with by lying on a couch with your head hanging over the edge and raising your chin so that it touches your chest. This ex-

ercise should be repeated to the point of fatigue. If your neck shows the hump of flesh at the back and a double chin these exercises will also help to bring the fleshy contour to its natural lines.

Massaging your back neck with a muscular movement of your forefingers placed by placing your thumbs at the sides of your neck will help to fill out the flesh of any hollows.

The same movements over the hump of flesh which may have formed at the base of your neck will assist in kneading this fleshy tissue into firm skin, free from excessive fat.

If your neck shows discoloration or other blemishes, such as freckles or pimples you should apply a bleaching lotion—glycerine and lemon juice in equal parts is good—and you should be certain to cleanse it thoroughly

with soap and warm water at least once each day.

Careless bathing of the back of the neck sometimes results in blackheads, which eventually form unsightly pimples.

A preparation which is said to whiten the skin of your neck and to be beneficial in removing freckles and other discolorations, is made of:

Pure honey ..... 4 ounces  
Glycerine ..... 1 ounce  
Rectified spirits ..... 1 ounce  
Citric acid (pure) ..... 3 drams

Mix the first two by gentle heat. Dissolve the acid in the spirits and add to the honey and glycerine after they are cold. Soak the ingredients until they are well mixed. You will find this preparation extremely emollient for your hands as well -- for your face and neck. Another good bleach for your neck may be made from the juice of a lemon diluted with three teaspoonsful of water.

In striving to beautify your back neck see to it that you wear your hair



Try This Effective Exercise.



Consider Coiffure Carefully.

becomingly from that view as well as from the front. Many women appear content to arrange their hair in a fashion becoming in front without regard to the side view or back view. They even buy their hats with the same reckless disregard of any view other than the front.

In deciding on a coiffure that is becoming in the back be sure also that the arrangement is in the best line for your profile. The imperfect points in your profile may be greatly moderated and even obliterated by a becoming hair arrangement.

If your hair is not curly be careful of the back bangs that hang like fringe down your neck. They should be trained upward with the brush and pinned carefully in place with invisible hairpins or with a single bone pin.

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## The Flavour Lasts

A Mule's Epitaph.  
An army mule at one of the can- tonments "went west." The private who had charge of the last rites had to fill out the regulation form, and came across the suggestion, "Dis- position of carcass."

After a moment's thought Sam- sime wrote on the blank line: "Mean and deceitful."—Dallas Hol- land's Magazine.

Planning is the initial step toward winning.

Rev. Mr. White, pastor of Centreville Baptist church, was genuinely sur- prised on New Year's morning by a visit from W. G. Draper, clerk of the church, who handed him an envelope containing \$250 and a brief note of appreciation of his ministry.

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